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Is the new total-body workout craze right for you? 21

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Caffe del Muro in Suburban Station may just revolutionize the business of coffee shops. 6

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"My attorney answers the phone and if not available will call back promptly. My attorney explained things to me in a very detailed manner."

COLLEGE HEAD RESIGNS

1 University of Missouri's president Tim Wolfe stepped down on Monday after protests by the school's football team and other students over what they saw as his soft handling of reports of racial abuse on campus. The high-profile resignation is the latest shock to the state of Missouri. REUTERS

FAST-FOOD STRIKE

2 U.S. fast-food workers will strike in 270 cities on Tuesday in a protest for higher wages and union rights that they hope will catch the attention of candidates in 2016 elections, organizers said. The walkouts will be followed by protests in 500 cities by low-wage workers in such sectors as fast food and home and child care, a statement by organizers of the Fight for $15 campaign said on Monday. Last December the group staged similar protests in some 200 cities. REUTERS

WHALE SHOW PHASEOUT

3 SeaWorld plans to phase out its killer whale show at its San Diego park next year as part of a comprehensive strategy to reposition the company amid criticism of how it treats orcas, the San Diego Union-Tribune reported. A new orca experience in a more natural setting will take its place and debut in 2017. REUTERS

EAGLES READING EVENT 7 The Eagles Jon Dorenbos, left, and Brandon Bair (not pictured), dressed up as Thing No. 1 and Thing No. 2 to read Dr. Seuss books to area children at an Eagles reading event sponsored by Santander's holiday book drive, at Lincoln Financial Field on Monday.

MAIN IMAGE BY CHARLES MOSTOLLER, ALL OTHER PHOTOS GETTY IMAGES

RUSSIA ATHLETIC DOPING

4 An international anti-doping commission recommended that Russia's Athletics Federation be banned from international competition over widespread doping offenses, a move that could see the Russian team excluded from next year's Rio Olympics. REUTERS

FRAT SUES ROLLING STONE

5 A University of Virginia fraternity sued Rolling Stone magazine on Monday for $25 million in damages over a discredited article about a 2012 gang rape at the fraternity. The Phi Kappa Psi chapter filed the defamation lawsuit in Charlottesville, Virginia, Circuit Court against Rolling Stone and writer Sabrina Erdely, the fraternity said in a statement. "Rolling Stone published the article with reckless disregard for the truth," it said. REUTERS

RODIN IN PARIS REOPENS

6 After three years of renovation, Paris' Musee Rodin reopens its doors this week, with new displays of the French sculptor's works. The museum now boasts a new layout, and previously unseen works as well as paintings from Rodin's personal collection, including paintings by Vincent van Gogh and Edvard Munch. REUTERS

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BRIEFS

Cops caught sleeping on the job under investigation

A photograph of two sleeping police officers that quickly went viral has led to an investigation of the two cops seen taking 40 winks.

"The officers have been identified," said Sgt. Eric Gripp. "It's currently being investigated by our Internal Affairs Division."

The photograph appeared on Twitter over the weekend and quickly went viral.

"Who were they protecting, Mr. Sandman?" tweeted one woman.

The officers were assigned to the 24th District, reports said.

Police said on Monday the picture was confirmed as authentic, but the officers are not being identified.

Gripp said the discovery of the photograph will lead to disciplinary action.

"Obviously, it's a troubling image," Gripp said. "It's totally unacceptable. This is a situation where not only could these officers have not been able to do their jobs if they got a call, but they were also placing themselves in danger."

SAM NEWHOUSE

The officers, reportedly from the 24th District, were photographed sleeping over the weekend. PROVIDED

Police are investigating the murder of two people found dead in a car outside of Lemon Hill mansion in Fairmount Park. SAM NEWHOUSE/PROVIDED

Shootings were 'crime of passion'

Police say the Fairmount Park lovers' lane slaying was a crime of passion.

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us

Shakoor Arline

Philadelphia police said the couple found shot in an SUV in Fairmount Park on Friday afternoon were engaged in a sexual act when a gunman opened the door and fired a total of nine bullets into their heads.

The bodies of Shakoor Arline, 25, and Lisa Smith, 32, were found by Parks and Recreation workers on the 800 block of Lemon Hill Drive.

Homicide Capt. James Clark said that they both were involved in relationships with other people, and police are focusing on those relationships.

"It appears to be very much a crime of passion," Clark said.

Investigators believe that Arline and Smith had met at that section of the park before, which Clark said was fairly well known as a lovers' lane.

But police do not know how the killer knew to find them there.

Detectives have been able to speak to a woman involved with Arline. They're looking for a man who had a romantic relationship with Smith.

"They had a relationship. They had outside relationships. That's where the investigation is going to start," Clark said.

Police said Arline and Smith were killed between midnight and 5 a.m., but they weren't discovered — he was nude, she was partially clothed — until about 2 p.m. the next day when parks employees approached their vehicle to tell them to move off of the grass.

Arline and Smith appear to have known each other for several years, and they met while both worked at the same job.

Smith, Clark said, has several children.

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Self-serve cafe could be future of coffee

The co-founder of a new Philly cafe believes their approach to coffee could be a game changer.

SAM NEWHOUSE
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Domenic Cardarelli helps a customer at Caffe del Muro in Suburban Station. The shop has 136 varieties of single-serve coffees for sale. CHARLES MOSTOLLER

An entrepreneur behind a new type of cafe thinks they may have hit on a formula that can change how coffee shops work.

A self-serve cafe, using single-serve cups, commonly known as K-cups.

"When you're in a coffee shop, you're sitting in line for 10 minutes. And most of the time, the coffee's not even made to my liking," said Domenic Cardarelli, 25, the co-founder of Caffe del Muro. "Eliminate lines. You're eliminating the issue of time. … It gives you a fantastic cup of coffee, every time."

Cardarelli's vision isn't just of convenience for busy commuters. It's also for a new concept of how the coffee business could work.

"We're doing something brand new, something no one has ever seen before," said Cardarelli, of Newtown Square, who opened the cafe last month with co-owner Ray Rodzwic.

"When we saw no one had done it be before, we were kind of like, 'Wow.'"

Cardarelli acknowledged it's a little difficult to get customers to understand the concept of the cafe, which is located next to the underground courtyard at 16th and JFK, across from Au Bon Pain — but he's confident it will catch on.

"You pick your flavor, come right up here to the front," he said, leading a tour through the cafe. "You pay, you get a cup. Then you go right over to our single-serve machines. Push the green button. Easy as that."

The wall of single-serve coffee pods — which the cafe designed and engineered — goes, left to right, from tea to cappuccino to hot chocolate to coffee, ranging from light to dark roasts. There are 136 varieties, representing 23 brands, with 3,600 coffee pods in the wall. Every cup costs $1.75, except for $3 gourmet blends. Staff also make espressos for customers.

"The name 'Caffe Del Muro' literally means coffee from the wall," Cardarelli said.

Keurig Green Mountain, the company which created nitrogen-sealed single-serve coffee cups and the machines that brew them, hasn't been doing so great lately.

The company still brings in billions, but their stocks have plummeted more than 100 points since 2014. But that doesn't affect Caffe del Muro, which doesn't sell Keurig cups and is not affiliated with the company at all.

In fact, since Keurig's patents on single-service cups lapsed in 2012, the concept has seen more innovation, Cardarelli said.

In Caffe del Muro, you can find cups of coffee ranging from Marley Coffee – the Jamaican blend founded by Bob Marley's son Rohan Marley – to "Cake Boss" Buddy Valastro's brand of single serve cups. They also sell 12-cup trays for people who want to grab a variety of flavors and bring them home or to their office.

"Single-serve coffee solves a lot of problems in the coffee industry," he said.

Specifically, nitrogen-sealed coffee cups (or pods) give a fresh brewed coffee for every customer. The coffee isn't exposed to oxidation from sitting out, nor is it on a burner for hours, both of which alter the taste.

The problem with the cups? Waste. Each brewed coffee leaves behind a crushed tinfoil and plastic cup.

But Cardarelli said he and his staff empty the bins, dissect the leftover cups, and bring them to local recycling plants to ensure they don't end up in a landfill.

"We're here to turn your general commuter who just goes into Dunkin' Donuts and gets a medium cup of coffee into that coffee connoisseur," he said. "There are other alternatives out there. You can get really cool flavors at a price that's not going to break your wallet."

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BRIEF

Local DAs testify at Kane hearing

Three district attorneys told a Pennsylvania Senate committee reviewing Attorney General Kathleen Kane's possible removal that an active law license was needed to do their jobs, as a hearing on the suspended legal officer began on Monday.

Kane, a Democrat, has not been invited to the hearings. They center on the state constitution's requirement that the elected attorney general should have a law license, and on whether the Republican-controlled Senate can directly remove officeholders through a two-thirds vote.

Kane's license was suspended by the Pennsylvania Supreme Court after she was indicted last summer for illegally leaking grand jury information to a reporter.

"I would be on permanent vacation if I didn't have a law license," said District Attorney John Adams of Berks County, which includes Reading. "My golf game would get better."

District attorneys from Bucks County, outside Philadelphia, and Somerset County in the western part of the state also told the senators they could not envision being able to do their jobs without a law license in good standing.

Pennsylvania Attorney General Kathleen Kane. CHARLES MOSTOLLER

Adams, a Democrat who runs a moderately-sized prosecutor's office, said not having a law license would affect his ability to decide whether to take a case to a grand jury, charge someone with a crime, negotiate pleas or seek authorization for wiretaps.

"Nothing happens that is not related to being a lawyer," Adams said.

Senator Sean Wiley, a Democrat from Erie, suggested that a large percentage of what district attorneys, or the Attorney General, do is administrative and can be delegated to subordinates.

But District Attorney Lisa Lazzari-Strassiser of Somerset County said the authority to delegate might disappear if Kane did not have a law license.

Committee Chairman John Gordner told reporters afterward that Kane's private lawyer accepted a search warrant from the committee on Friday. She has said she will not comply, and Gordner would not say what the committee might do if she does not comply with the Nov. 13 deadline.

Kane told the committee in a letter on Friday that it did not have constitutional authority to bypass the impeachment process to recommend her removal from office.

The committee, with four Republicans and three Democrats, has 30 days to make a recommendation on Kane's removal. Gordner said the next hearing would be next week, but did not set a date.

REUTERS

Burned woman found in Boston car ID'ed as NJ mother

The victim was identified almost a week after her body was found.

NATE HOMAN
@MetroBOS
nate.homan@metro.us

The body of the woman who was bound and set on fire in Bridgewater, Mass., on Tuesday has been identified as a 29-year-old mother from New Jersey.

According to the Plymouth County District Attorney's Office, the body is that of Ashley Bortner, of Paulsboro, New Jersey.

Bridgewater Police received a 911 for a report of a suspicious vehicle parked near the MBTA railroad tracks near Oak and Crapo.

Ashley Bortner PROVIDED

Officers said they arrived to find a fire burning on the west side of the tracks and determined that it was a burning body. Bridgewater Fire Department responded and extinguished the flames.

Investigators said they believe Bortner was killed at a different location and her body was dumped at the tracks, where she was set on fire.

The incident does not appear to be related to a burned body and car fire in Worcester on Wednesday night, according to Plymouth County District Attorney Timothy Cruz's office.

Tamar Pack, Bortner's mother, told the Boston Herald that she had not seen her daughter, an eighth-grade dropout, in three years. However, they were in constant contact by phone right up until her death. Pack adopted and has been raising Bortner's now 13-year-old son. She said her daughter once lived in Hyde Park.

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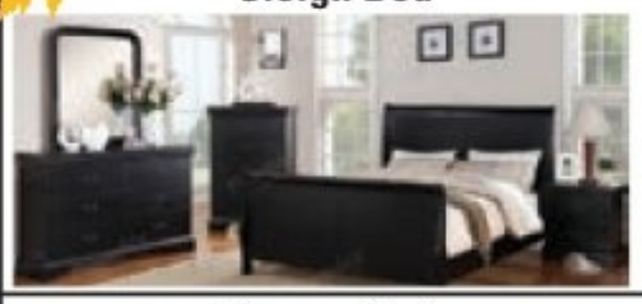

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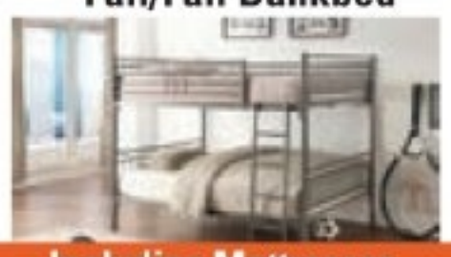

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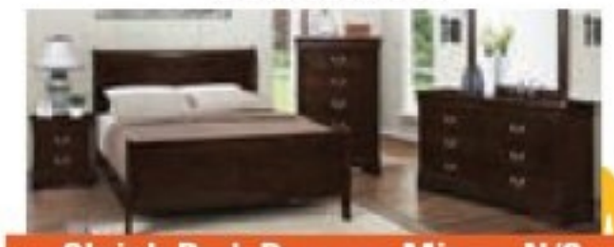

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NJ Gov. Christie vetoes Atlantic City rescue package

The city's budget for fiscal 2015 ends on Dec. 31.

New Jersey Gov. Chris Christie vetoed a legislative package aimed at rescuing Atlantic City, the state's troubled gambling hub, just before a deadline to act on Monday.

It was unclear what impact the vetoes would have on the city's budget. Christie, a Republican presidential candidate, signed one bill providing more state aid for Atlantic City schools.

Christie's so-called conditional vetoes on three of the bills allow lawmakers to adopt his suggested changes and send them back for his signature. A spokesman for Mayor Don Guardian said the mayor would reserve comment until he reviewed the governor's recommendations.

A driver moves his "push taxi" along the boardwalk in Atlantic City. GETTY IMAGES

After initially criticizing the vetoes, Senate President Steve Sweeney released a statement with Christie later on Monday saying they "agreed to immediately sit down together, with consultation of interested parties, to construct a final and fast resolution path for Atlantic City."

The Democratic-led legislature passed the five-bill package in June, but Christie did not act all summer.

"It's incredibly unfortunate the governor chose to let these bills sit on his desk for months while he panders to voters across the country," the bills' sponsor, Democratic Assemblyman Vince Mazzeo said in a statement.

The city has lost its monopoly on U.S. East Coast gambling as neighboring states allow more casinos. The competition eviscerated Atlantic City's property tax base as casino values dwindled.

Christie said in his veto message that the bills "fail to recognize the true path to economic revitalization and fiscal stability" and that some provisions "simply shift resources to the city without requiring accountability."

In one of the main bills, Christie wants the state, not the city, to have control over $30 million of casino payments to the city in lieu of taxes this year and next year. The state could withhold that funding if the city does not agree to certain changes under a financial recovery plan, according to Christie's proposal.

Until state lawmakers revise that main bill in a way palatable to Christie, the city also will not get the $33.5 million in redirected casino revenues for this year's budget. REUTERS

Fourteen arrested in Baltimore 'war room' drug operation

Fourteen people have been arrested on drug charges after an investigation by a local-federal "war room" set up to fight soaring homicides and other crimes, authorities said on Monday.

Another six suspects facing indictments from the probe by Baltimore detectives and the Drug Enforcement Administration are still at large, Police Commissioner Kevin Davis said at a news conference.

The arrests and charges are the fruit of increased cooperation between federal agencies and Baltimore police after protests and rioting following the death in April of a black man, Freddie Gray, from an injury in police custody, Davis said.

The homicide rate soared after Gray's death, and police blamed gang turf wars fueled by drugs looted from pharmacies.

"We look at people who are prone to committing violence again"
Davis

Baltimore has recorded 294 homicides this year, above the 211 for all of 2014, according to a running tally by the Baltimore Sun newspaper.

Officials have dubbed the coordinated investigations and crime-fighting teams the "war room."

"These partnerships are absolutely working," Davis said. "We look at people who are prone to committing violence again and again."

Eight handguns, one assault weapon, cocaine, marijuana and $2,300 in cash were also seized, police said. REUTERS

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Pentagon to list alternative US sites to Guantanamo prison

There are still 112 detainees at Gitmo, of whom 53 are deemed eligible for transfer.

A detainee at the detention center at Guantanamo Bay, Cuba. GETTY IMAGES

The Pentagon is expected to unveil a long-awaited plan this week outlining how it would close the detention center at Guantanamo Bay, Cuba, despite fierce resistance in Congress to President Barack Obama's push to shutter the facility, officials said.

The plan would have four sections, one detailing potential U.S. alternatives for detainees, including the Centennial Correctional Facility in Colorado, one of the more promising locations, one U.S. official said.

A small Defense Department team has surveyed facilities including the Consolidated Naval Brig in South Carolina and the Federal Correctional Complex in Florence, Colorado, the Pentagon said.

It also examined two facilities at Fort Leavenworth, Kansas: the U.S. Disciplinary Barracks and Midwest Joint Regional Corrections Facility.

Obama, who campaigned for office on a pledge to close the facility, views it as a damaging symbol of detainee abuse and detention without charge inherited from Republican President George W. Bush.

"Apparently they are going to try and rule through executive order, ignoring laws passed to block any such transfers of these terrorists."

Kansas Sen. Pat Roberts, speaking during a Republican Party media call

The House of Representatives last week overwhelmingly passed a defense bill that included measures that would bar Obama from closing Guantanamo before he leaves office in 2017. The Senate is expected to pass it as soon as Tuesday.

Sen. John McCain, the Republican chairman of the Senate's top military committee, has publicly voiced his support for closing the facility, but sharply criticizes the failure to deliver a plan sooner.

Republican lawmakers are furious at suggestions that Obama might use an executive order to close the prison and move detainees to U.S. soil. The Republican Party has been working to make the issue part of the 2016 presidential campaign.

Pentagon spokesman Capt. Jeff Davis declined to specify when the plan would get to Congress, other than it would be "very soon."

REUTERS

BRIEF

Europe depends on German approach to refugees: Tusk

Europe's future will depend to a large degree on Germany's approach to the migration crisis and other states should show more solidarity by jointly tackling this historic challenge, European Council President Donald Tusk said on Monday.

Europe is grappling with its worst refugee crisis since World War II and Germany so far has taken in the bulk of some one million people expected to arrive this year.

While Tusk has repeatedly stressed the urgency of tightening Europe's borders, Chancellor Angela Merkel has pushed for states to show solidarity and share responsibilities for refugees.

Merkel was initially celebrated at home and abroad for her welcoming approach to the refugees, many of whom are fleeing conflict in the Middle East. But as the flow has continued and German facilities have been stretched to the limit, the chancellor has come under increasing criticism.

Tusk described Germany and Merkel personally as examples of the best European values.

REUTERS

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Jordanian officer kills six, including two Americans

Security sources said several earlier militant plots to attack the King Abdullah Training Center had been foiled.

Police officers and security forces stand guard outside a police training center east of Amman on Monday. GETTY IMAGES

A Jordanian officer shot dead two U.S. government security contractors, a South African trainer and two Jordanians at a U.S.-funded police training facility near Amman on Monday before being killed in a shootout, Jordanian authorities said.

U.S. President Barack Obama said he was treating the attack at the King Abdullah Training Center, in which three Jordanians and one Lebanese citizen were wounded, very seriously and a full investigation was under way.

The gunman was a police captain, a senior Jordanian official told Reuters. There was no immediate word on the attacker's background or motive. But Jordan is a staunch U.S. ally in the Washington-led campaign against Islamic State militants who hold large areas of neighboring Syria and Iraq, a position Jordanian officials say leaves the kingdom vulnerable to jihadist attacks.

"This incident sadly does not come as a surprise as the threat of Islamist terrorism has only increased in the region in the last few years in the aftermath of Syria and Iraq. As much as pre-emptive measures have been taken, it is impossible to eradicate all risks," said a senior Jordanian official who requested anonymity, citing political sensitivities.

The U.S. Embassy in Amman said two American civilian security contractors and a South African contractor were shot to death, and one slain Jordanian was a translator. It was "premature to speculate on motive at this point" with the investigation proceeding, it said.

A second Jordanian, who had been in critical condition, died later of his wounds, Jordan's government said.

There were differing early reports on the number killed, with three U.S. sources saying eight people died in the attack. Jordanian government spokesman Mohammad Momani denied that and Jordan's official death toll stands at six. REUTERS

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Obama launches Facebook page

A screen shot from Facebook FACEBOOK

The White House has launched a Facebook page for President Barack Obama — and used the social media platform to send a message on climate change.

Organizing for Action, the political organization that helped elect Obama, has long used an account under the name "Barack Obama." But the new page allows the president to speak in the first person, much like the Twitter account the White House launched for Obama in May.

Striking a conversational tone, Obama's first post was a video message on climate change that depicted the president walking around the South Lawn of the White House and marveling at the beauty of nature.

"Hello, Facebook! I finally got my very own page," Obama said in the post. "I'm kicking it off by inviting you to take a walk with me in my backyard — something I try to do at the end of the day before I head in for dinner."

In the video, Obama called on Americans to do their part to fight climate change.

REUTERS

"If all of America is joining around this critical project, then we can have confidence that we're doing right by future generations and passing onto our kids all the blessings that we've received." Obama on Facebook

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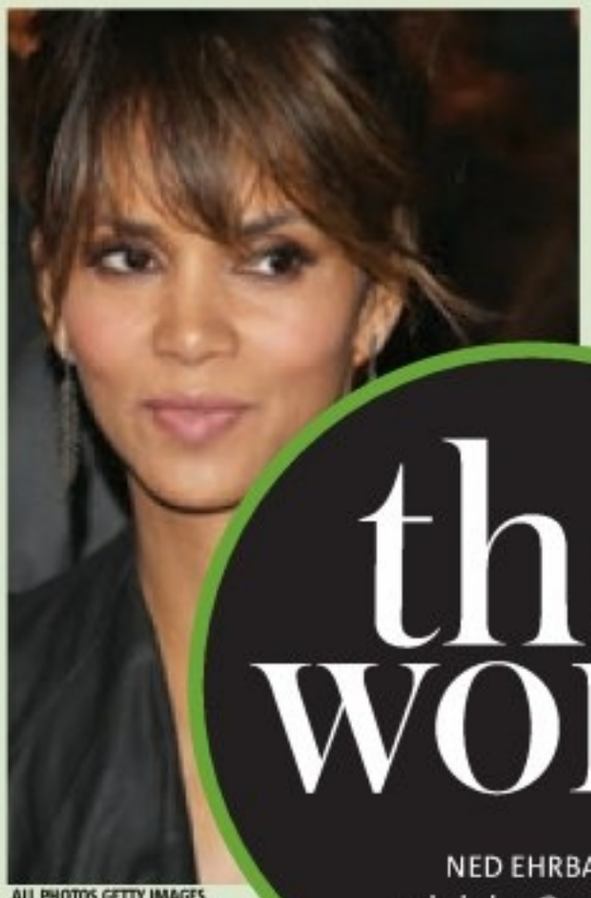
Halle Berry is sending us mixed breakup signals



ALL PHOTOS GETTY IMAGES

Some two weeks after Halle Berry announced she and husband Olivier Martinez were splitting up, with a divorce filing and everything, the Oscar-winning actress was spotted driving around with him in L.A. And while they didn't necessarily seem terribly happy to be sharing the same car, Martinez did appear to be wearing his wedding ring again. Which is odd, since he'd ditched it within two days of the divorce news. So what gives, Berry? Or are you guys just really that devoted to being environmentally conscious that you'll still carpool even if it means being ridiculously uncomfortable?

the word

NED EHRBAR
ned.ehrbar@metro.us

Vivica A. Fox doubts 50 Cent's heterosexuality

This one gets nasty fast, so hold tight. While appearing on "Watch What Happens Live," Vivica A. Fox was asked by Andy Cohen if she was insinuating that ex-boyfriend 50 Cent is gay, and her response was a rather telling silent hair flip. Then she clarified: "No, he's not. He just seems like he's got something that's not quite clear." Yikes. You might find this tough to believe, but Fiddy was none too pleased, letting loose with a tirade of Instagram comments, like on the photo he posted of her with "really bad boob" on which he commented, "B—, remember when you told me f— Halle Berry and you could have played all the roles she did better then her?" Fun times. Oh, and Fox isn't backing off, tweeting in follow-up, "I got some stories I stored in my vault, too." So I'm thinking this is only just beginning. Grab the popcorn.

DAILY VIDEO

YOUTUBE

What if bears killed one in five people?

CollegeHumor continues to ask the really big, important — if incredibly random — questions. Like, "What if bears killed one in five people?" Seriously, what if? And to address that concern, they've assembled a team of comedic all-stars including Jake Johnson and Rob Riggle facing a big, angry, hungry bear just hanging out in a guy's house. And it's a great look at statistics, personal liability and ignoring major problems. It's also sneakily a PSA about how one in five women are sexually assaulted in college.

Demi Lovato plagued by more Poot questions

When it comes to the Internet, nothing is taken seriously. Nothing. Especially when that something is Demi Lovato trying to engage with twitter using the hashtag #AskDemi. Twitter trolls quickly took over the hashtag to ask deep and provocative questions about Lovato's fictional twin sister, Poot Lovato, who only exists on the Internet. Lovato is of course ignoring all these highly important questions, so the users who asked, "Why did you lock up Poot for all those years?" and "Where is Poot? Will she be featured on the next album?" will go unsatisfied.

Poot first rose to fame in October after an unflattering photo of Lovato found its way to the internet. The image inspired fake stories about how Lovato had a twin sister who she kept locked up in a basement. Lovato is not a fan of this meme and would like it to end. Maybe don't do Twitter Q&As, then. MATT LEE

Julia Roberts won't do 'American Horror Story'

Julia Roberts has worked plenty with "American Horror Story" director Ryan Murphy — in both "Eat Pray Love" and "The Normal Heart" — and her niece, Emma Roberts, is a regular on the horror series. But don't expect Roberts to ever appear on it. "I'll tell you why: because I can't even get through the commercials," Roberts tells E! News. "I am the most fitful scaredy cat. When the first 'American Horror Story' came out, remember the first poster? I said to [Murphy], 'OK, I curse you. I stop at a traffic light and I have to look at that thing on billboards. It gives me the willies. What is that? What is going on? What have you done?'" Sure, but you don't have to actually watch the show to be in it, right? So, are we buying Roberts' whole "I'm too scared" bit? Or do we really think it's because she thinks she's too good for TV?

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Can I get a weakness, y'all?!?

@tyrabanks
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@kirstiealley
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@officialjaden
Home Is Any Place That Has A Bed, A TV, And You.

@KellyOsbourne
I had the best time with my family at my brothers 30th birthday soirée!

@MarkDuplass
Taye Diggs follows over 562,000 people on Twitter. Have a nice week everyone!

Sweet home Chicago

Oliver Platt gets in on Dick Wolf's new TV empire with "Chicago Med."

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Before there was Shonda Rhimes or Ryan Murphy, there was Dick Wolf, whose TV empire stretches back several decades. Wolf got his start on "Hill Street Blues" before moving on to "Miami Vice" and creating the "Law and Order" universe. These days, he's focused on the city of Chicago, with both "Chicago Fire" and "Chicago P.D." finding a home on NBC. And now comes the latest iteration: "Chicago Med," which takes place in an often overwhelmed hospital in the city. Character actor Oliver Platt plays psychiatrist Daniel Charles on the show — and Platt tells us psychiatrists play a bigger role in hospitals than you might think.

You've switched between movies and TV quite often in your career. What pulled you back into network TV?

The writing. I've always had one rule about what job I took next and it's always characterized by the best writing. When I first started in the '80s, there was still definitely more of a line between TV actors and movie actors, and I remember, actually, I was sitting on a couch and I was exhausted. I'd been on the road for like six months and had to go back out, but I had a little tiny break. And I remember watching "ER" with my wife, and I remember it being so sensational, and thinking, those actors get to sleep in their own bed every night, and they get to do this great work.

Were you familiar with the world Dick Wolf has created?

I actually wasn't that familiar with the Chicago shows. I'd just heard that people like them and they were good. But it's a real testimony to Dick's work and the brand. Forget about the person behind the show. I'm happy to tell you that Dick's an old friend, but even if I'd never met Dick before, and somebody said, "Dick Wolf wants you to be in his show," I'd right away be interested in exploring it. Just from knowing the quality of his work.

He does have a pretty good track record at this point.

Pretty good track record. I just remember thinking, hospital — ripped from the headlines. There's a lot of interesting things going on in public health. And even if there weren't, a hospital is such a natural, great petri dish for human drama.

How does a psychiatrist fit into the world of the hospital?

Oliver Platt returns to TV with "Chicago Med," airing Tuesdays at 9 p.m. on NBC. NBC UNIVERSAL

Shrinking again

You were also involved in the world of psychiatry on "Huff." Does the subject matter feel familiar?

One of the things that's very appealing to me about this show in the context of all of this incredible array of programming is how old-fashioned it is. I think there are going to be relationships that are serialized, but the stories are going to be discrete. There's going to be an A story for every episode that's going to start and end in that episode. And that's not easy to do! But that's very appealing to me.

That's the interesting thing. That was one of the things that I was worried about. It was like, "Ooh, it would be really fun to play a psychiatrist," but what's the daily workday of a psychiatrist in a general hospital? I was worried that it would be just about paperwork or fundraising, but the truth is an alarming percentage of people who walk into emergency rooms are actually psychiatric patients. And that's a testament to the public mental health system. We decided that this guy, Daniel Charles — he's not a born administrator at all, but he has taken this job because he's interested in providing mental health support to people who don't have $400 an hour to spend on their brain and on their emotional life.

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3 Celeb books to read this month

Ethan Hawke, Andy Cohen and Shonda Rhimes all have fall books well worth checking out.

EMILY LAURENCE
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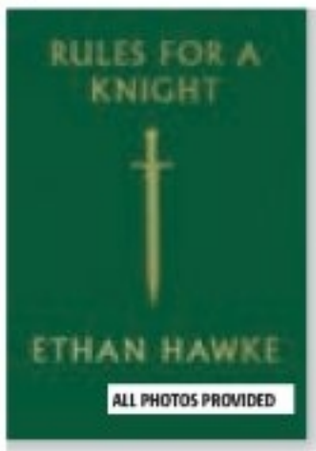
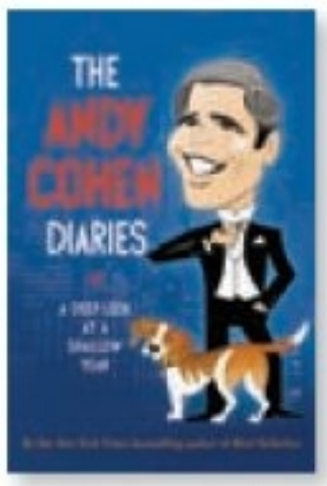
Sometimes there's nothing good on Netflix. So you need a good book with a pop-culture slant to come to the rescue. Luckily, celebrities are taking over the new-release section at bookstores this month. Here we highlight three worth reading.

"Rules For A Knight" by Ethan Hawke *(out today)*



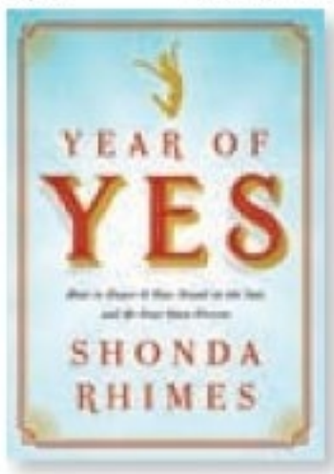
As if being an Academy Award-nominated actor and director wasn't enough, Ethan Hawke is a pretty stellar writer too. His third novel, "Rules For A Knight," is about a knight who is scared he's going to die in battle, so he writes a letter to his children serving as his words of wisdom of what he's learned throughout his life. Philosophy lovers will enjoy the Eastern and Western philosophical musings, but everyone will enjoy the touching story line.

"The Andy Cohen Diaries: A Deep Look at a Shallow Year" by Andy Cohen *(paperback out last week)*



"Watch What Happens Live" host Andy Cohen takes fans behind the scenes of his Bravo talk show and gives them a front row seat into his personal life with his dishy memoir from last year, now in paperback. It's Andy Cohen, so you know you're in for a laugh. He isn't afraid to make fun of himself, sharing how he completely bombed on David Letterman's show and has had his fair share of failure in the dating scene. There's plenty of drama, and plenty of heart in these dairies.

"A Year of Yes" by Shonda Rhimes *(out tomorrow)*



Between overseeing "Grey's Anatomy," "Scandal" and "How to Get Away with Murder," Shonda Rhimes found time to write her first book, and it's an inspirational one. Despite being one of the busiest people in Hollywood — and a mother of three — Rhimes vowed to say yes to all the unexpected invitations that came her way. Doing so changed her life, and she wrote about it. "It was a little insane, a lot terrifying and sometimes wildly embarrassing," Rhimes says of the experiment. "This is not a story I ever planned to share with anyone. However, once Simon & Schuster asked me, I had no choice — what else could I say but yes?" You'll be glad she did.

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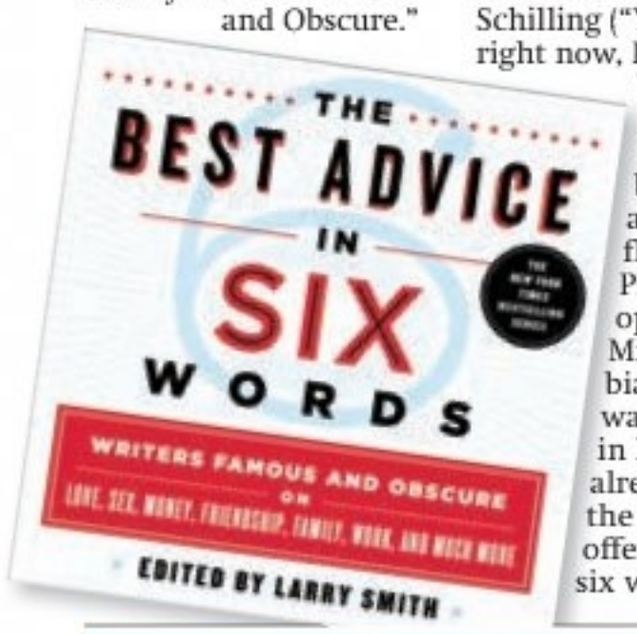
Piper's best advice

Author Larry Smith, married to Piper of "Orange Is the New Black" fame, has a new book of wisdom.

RACHEL VIGODA
@rachelvigoda
rachel.vigoda@metro.us

In the age of Twitter, the idea of sharing wisdom using just a few letters is de rigueur. But that wasn't the way of the world when Larry Smith launched the Six-Word Memoir project in 2006, challenging people to tell a story in just six words.

More than a million mini-stories have been shared at SixWord Memoirs.com, sparking a series of books, including "Not Quite What I Was Planning: And Other Six-Word Memoirs by Writers Famous and Obscure."



Last week, Smith, who's from South Jersey and went to Penn, released the latest book, "The Best Advice in Six Words." In it are witty nuggets from actors, singers and writers, including Smith's wife, Piper Kerman, the real-life Piper of "Orange Is the New Black." She wrote the memoir that became the Netflix hit.

We spoke with Smith — before his talk tonight at Main Line School Night — about his favorite piece of advice and watching himself on "OITNB."

How did you pick who would contribute their wisdom to your book?

We contact[ed] some of our favorite people from worlds we all love: the arts, comedy, food, science, writing, wellness and more. Sometimes I get lucky and catch someone like Taylor Schilling ("You're okay, right now, I promise"), Weird Al Yankovic ('Eat your broccoli and always floss"), or Philly's own opera star Michael Fabiano ("Don't wait your turn in life") who already loves the form and offers me their six words on the spot. The trickiest celebrities to land are often some of my favorite writers — I get the sense that because they are so well known for their words, they never quite feel their six-word stories are finished.

Was there anyone you really wanted who said no?

I was listening to the radio one day and heard Tony Robbins giving a TED talk that included these perfect six words: "Divorce your story, marry the truth." I tried numerous emails and calls to [his] office to seek permission to include those words, but never heard back. There's always the sequel…

What's your favorite piece of advice in it?

That's a hard question. So let's call it a tie. My son's "Play, play, play, play, play, play" is sage wisdom for all ages. Morgan Spurlock, the director of "Super Size Me," emailed me six words that I seem to be repeating a lot lately: "Don't put that in your mouth."

How did you feel about the way Larry was portrayed on "OITNB"?

Piper and I both think the adaptation of "Orange Is the New Black" is excellent. I have some similarities to Larry Bloom. We're funny, have good hair, love Piper. But of course the show is a work of fiction.

Did Piper contribute her six words of advice?

Piper's a frequent and fantastic six-word scribe. In our first book she shared her Six-Word Memoir, "In and out of hot water." In a collection of stories about love she wrote, "Found fellow cliff-diver. Best risk ever." In "The Best Advice in Six Words," my wife with quite a storied life offers, "You learn more from your failures."

Larry Smith is speaking at Main Line School Night in Radnor tonight. Tickets are $39; doors open at 5:30 p.m. GILLIAN ZOE SEGAL

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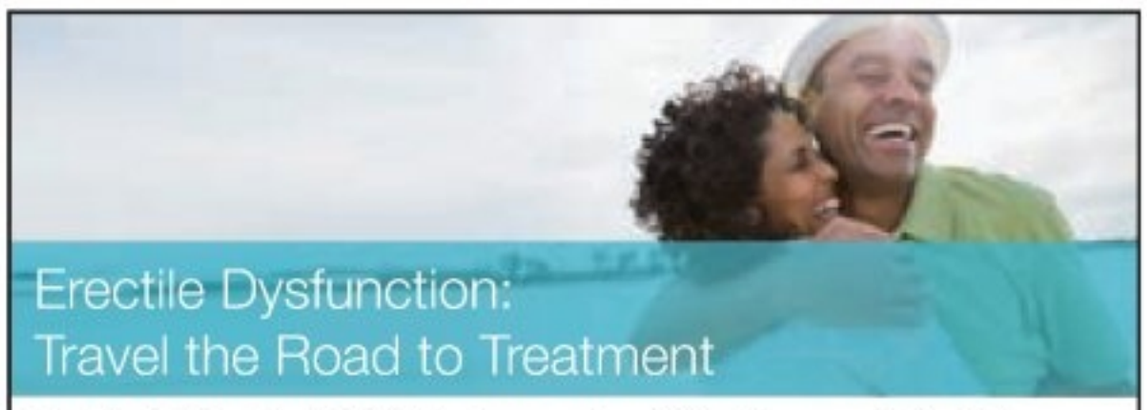

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Why we still need 'Trumbo'

Director Jay Roach thinks not much has changed since the Hollywood blacklist days.

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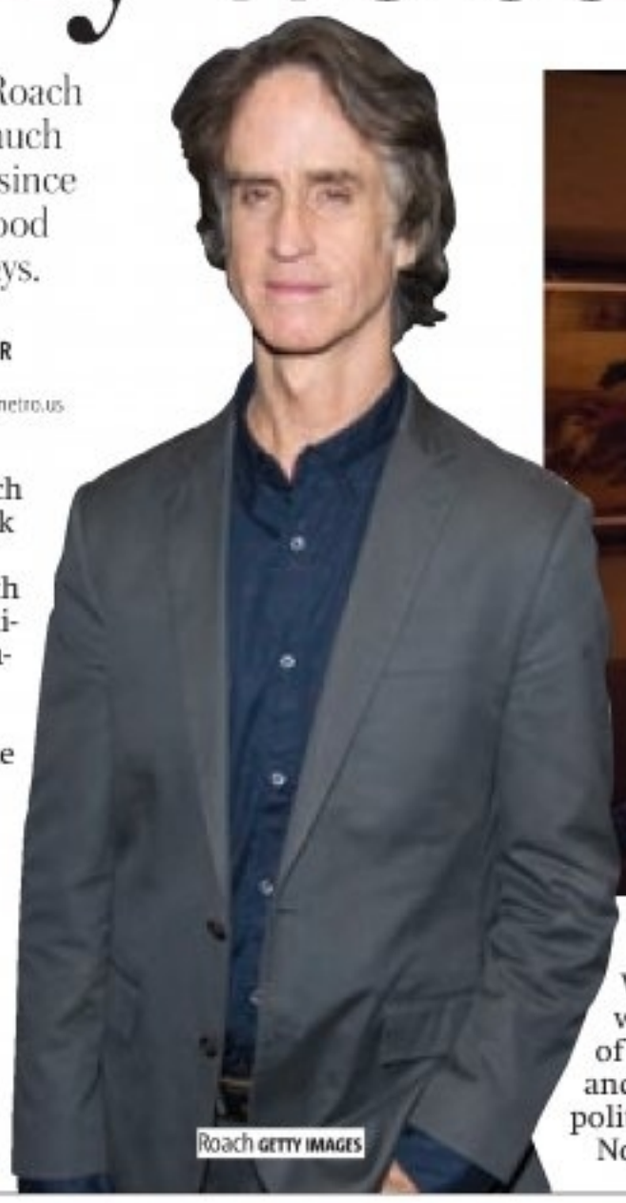

Roach GETTY IMAGES

Jay Roach directs Bryan Cranston as Dalton Trumbo in "Trumbo," hitting Philadelphia theaters on Friday. HILARY BRONWYN GAYLE

Director Jay Roach goes inside a dark patch of Hollywood history with "Trumbo," chronicling the persecution of Dalton Trumbo (Bryan Cranston) and the rest of the Hollywood Ten that kicked off the blacklist amid anti-Communist hysteria stoked by the House Un-American Activities Committee. But that was way back then, right?

We've come a long way from that kind of fear-mongering and reactionary politics.

Not quite. In making the film, Roach has been forced to examine how much hasn't changed, despite the end of the Cold War.

"Isn't it kind of like things that go on now?" Roach ponders. "Certainly there are valid, real concerns. Real threats exist. No question that totalitarian communism was a true threat back then and terrorism now is a true threat. But once there is a threat, there's almost no chance it won't be exploited to raise a kind of hysteria that leads to smearing people with labeling and tying them to that threat. People who aren't threatening get thrown in and rounded up and kind of suppressed using the threat as the excuse. That's a pattern that happens all the time."

Even when specifically discussing anti-communist sentiments, Roach finds strains of McCarthyism still alive and well more than half a century later. "I hope [the events of the film] will stand for the tendency, for example, to label anything that's pro-worker as being communist," he says. "If you're interested in giving workers more safety on the job, health benefits and not working 80-hour or 100-hour weeks, you must be a communist.

"Obama has been smeared as a socialist just as a box in a flow chart of how do you smear somebody. During the Civil Rights Movement, J. Edgar Hoover justified putting bugs in hotel rooms wherever Martin Luther King went because Hoover succeeded with branding the whole civil rights movement as a communist plot. Could you imagine that selling now?"

Actually, Roach can, and that's the root of the problem, really. "Other ones are selling now. 'Immigrants are destroying America,' says Donald Trump. Those memes are old hat, they're old chestnuts now and I'm always amazed and surprised by it," he says. "Even looking back, I'm astonished in myself that I went, 'How could that have possibly happened in America, that these writers could be thrown under that bus?' And I go, 'Oh, right, there's another bus to throw people under right now.'"

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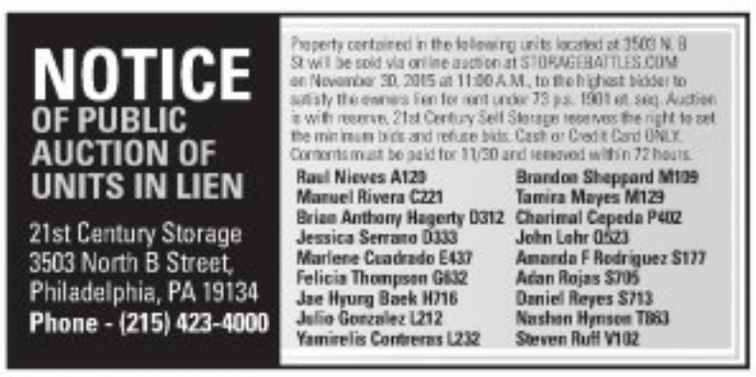
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Amanda F Rodriguez S177
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Daniel Reyes S713
Nashon Hynson T863
Steven Ruff V102

metro.us/horoscopes

Aries wDon't make an impulsive move or purchase. You can bring about change in a cost-efficient manner that will impress onlookers.

Taurus Don't hesitate or you will miss a shot at success. There is money to be made from opportunities that will help you raise your quality of life.

Gemini Be precise about what you want, expect and are willing to do. Don't be led astray by someone offering something that's too good to be true.

Cancer Sharing will lead to better relationships and allow you freedom to explore your interests with people who are heading in a similar direction.

Leo Your changing attitude will be difficult for some to relate to, but will attract others who are up for an adventurous ride.

Virgo Think outside the box. Use your imagination and don't be afraid to take an unusual route to reach your destination.

Libra Deals can be struck, but before you make a final decision, be sure that you have done your research and know exactly what the cost will be.

Scorpio Find out all you can about a subject before you decide to enter into a debate. Your resourcefulness will be recognized and rewarded.

Sagittarius Not everything will be made clear. You'll have to ask questions if you want to get the facts. Keep your spending to a minimum.

Capricorn Speak your mind in order to grab the attention of someone willing to contribute to your plans. Take time to celebrate your victories.

Aquarius Look for new ways to earn extra cash. Find a way to use your talents to benefit not only yourself but also those around you.

Pisces Don't let confusion slow you down. Flesh out your ideas. Leave time at the end of the day to spend a cozy moment with someone. **EUGENIA LAST**

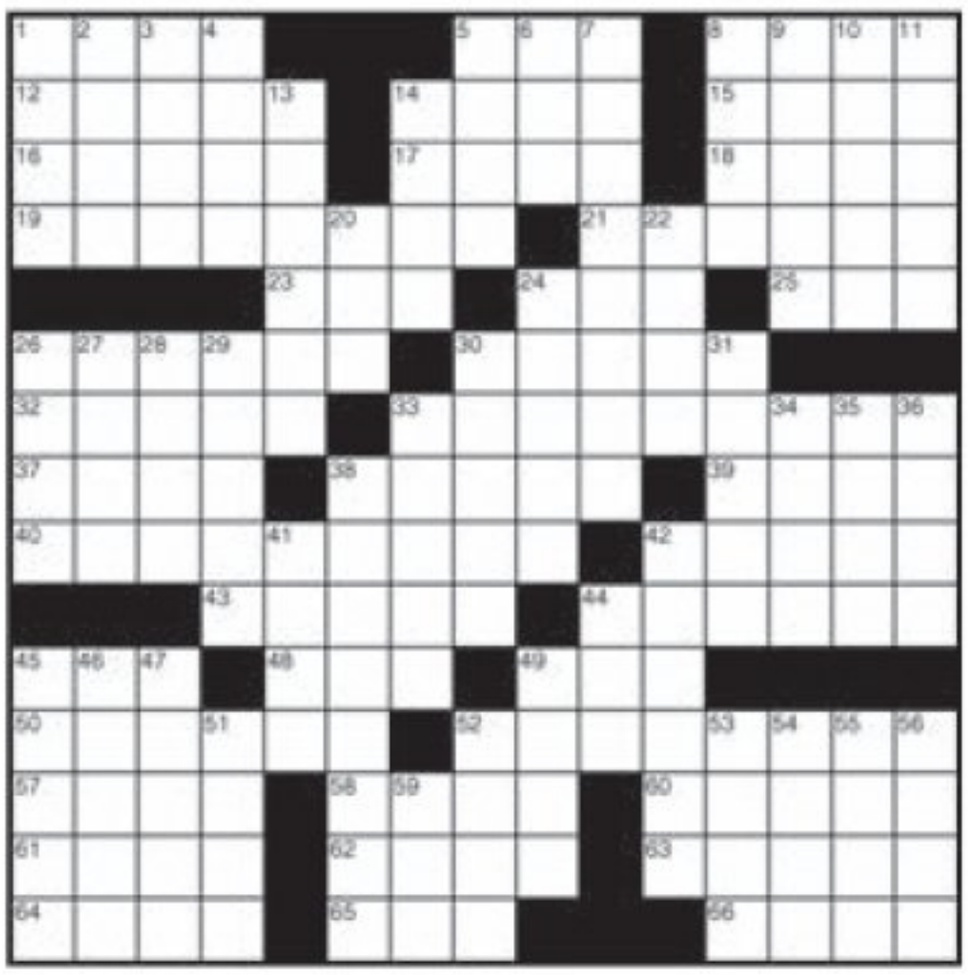
metro.us/crossword

Across

1 Claptrap
5 Fleetwood —
8 Black as night
12 Bauxite giant
14 Caron musical
15 Silent-screen temptress
16 Ferret out
17 Zest for life
18 Actor Sharif
19 Rainy days, and then some
21 Milk protein
23 Snake River loc.
24 Dirty place
25 Ave. crossers
26 Fable
30 Zahn or Abdul
32 Not touching
33 Took away from
37 Ham-on-rye source
38 Blender button
39 Jane, to Tarzan
40 "Cogito ergo sum" man
42 Fogg's creator
43 Guinness and Baldwin
44 Tasty carbohydrates
45 — -tac-toe
48 Blonde shade
49 Catch cold
50 Festoons
52 Crack in a glacier
57 1960s fashion
58 Europe-Asia range
60 A Peron
61 Bean hulls
62 City on the Truckee
63 Monica of tennis
64 In a frenzy
65 Urban people-movers
66 Aeneas founded it

Down

1 Salve
2 Fridge stick
3 Go over quickly
4 — d'oeuvre
5 Wire thicknesses
6 Turkish title
7 Belt
8 Nigerian people (var.)
9 Rats out
10 Deadly reptile
11 Tall tales
13 Sprinkle with oil
14 Rowlands of "Gloria"
20 Unmatched
22 Auel heroine
24 Gluts
26 "Shane" player
27 Dueling sword
28 Guys' partners
29 Writer -- Jong
30 Dads, in Dijon
31 High points
33 Kind of uncle
34 Dainty pastry
35 Vulcan's forge
36 Ruby and Sandra
38 Stress
41 Astronaut -- Shepard
42 Faucets
44 Shoo-fly —
45 Busch Gardens city
46 Common phrase
47 High-rise unit
49 Woody's son
51 Court disaster
52 Pink-slips
53 Swear to
54 Round building
55 Stalk
56 Loosen, as a grip
59 Aunt or bro.



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easy

7		9						5
					1		6	9
1				5	9		4	
4		1						7
	2	5		4		1	9	
8						4		2
	5		3	2				1
2	8		6					
6						5		3

hard

	7		1			5		2
1	6		5					
					4	9	6	
			9	7		2	1	
2								8
	3	1		5	2			
	2	4	6					
					7		4	5
5		7			3		2	

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Rowing is the hot new trend, but is it the right workout for you?

EVA KIS
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Gyms have been moving their equipment into classes for a few years now, from SoulCycle's stationary bikes to the recent spate of treadmill studios. Now a new star is emerging — and it could be the best workout yet.

"If I was locked on an island with only one piece of equipment to keep me in shape, rowing is what I would be doing because it does hit everything I need," says Eric Von Frohlich, co-owner of the boutique studio Row House.

Rowing was actually his dirty little secret back when he was a cycling instructor 10 years ago. "I needed something that was a little more full-body," he recalls, so he sought out CrossFit, which led him to rowing.

He opened Row House in March 2014 with his wife and business partner, Debra Strougo Frohlich, and they've just expanded to a second location last month. On the lines of gleaming Concept2 machines, they teach classes focused on rowing intervals. They promise a strength and cardio workout that engages 88 percent of the body's muscles and burns up to 600 calories per session.

"The reason we really got into rowing is we saw across the board how helpful it was as a piece of apparatus for so many different points in life and for so many different populations," explains Debra. "And especially because we are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is."

We asked the experts who would benefit most.

If you sit all day

Sitting is the new smoking, as study after study has shown, affecting everything from brain function to raising your risk of diabetes — so more sitting may seem counterintuitive. But that's how rowing targets problems that people who sit for most of the day can develop. "The [rowing] motion is something that just about everyone needs, which is posterior strength and opening/closing of the hips," says Eric.

When you push back on a rower, you're loosening up your tight hamstrings, sitting at the optimal 90-degree angle and engaging the shoulder, back and core muscles. (Despite how it looks, the effort of rowing comes 60 percent from the legs, 30 percent core and just 10 percent arms.) It all adds up to better posture while seated, standing taller and reducing stress on the neck.

If you're starting from zero

Everything about the rowing experience is controlled by the user; Debra calls rowing the cardio version of yoga or Pilates. The pace is set by the user — the machine doesn't keep moving when you stop, like a treadmill or spin bike — and risk of injury is minimal because your feet are strapped into place and your knees and ankles remain aligned, with no chance of twisting or torquing.

"It really comes down to what you want to put into the activity," says Eric. "You're not limited by the equipment; you're limited by your fitness level and your ability to push as hard as you want to push. And that's something that's kind of beautiful and unique about it."

If you're trying to lose weight

Whether you have a little weight to lose or a lot, exercise can be unpleasant for many reasons. The constant jiggle of extra fat is not only uncomfortable but can be embarrassing, while the simple fact that you're carrying around more weight is tough on joints that would already be stressed by workouts like running. On a rower, you're not only sitting — on a seat that's much larger than a spin bike — but the motion is virtually no-impact. "When you're on a rowing machine, you don't have gravity pulling down on you that way," Debra explains. "You don't feel like you're putting stress on your body; you feel like you're almost weightless."

If you're looking to get toned

Debra stopped doing spin classes and put on almost 40 pounds during her last pregnancy four years ago. When it came time to get back in shape, she found that rowing not only improved her out-of-whack posture but could do what the bike could not.

"Once I got used to the rowing machine, I saw that it was getting all the hard-to-reach areas that a spin bike just never gets," she says. "You continue to strengthen your legs, your core and your upper body, which is really what you need for life, granted, but also for carrying a new baby."

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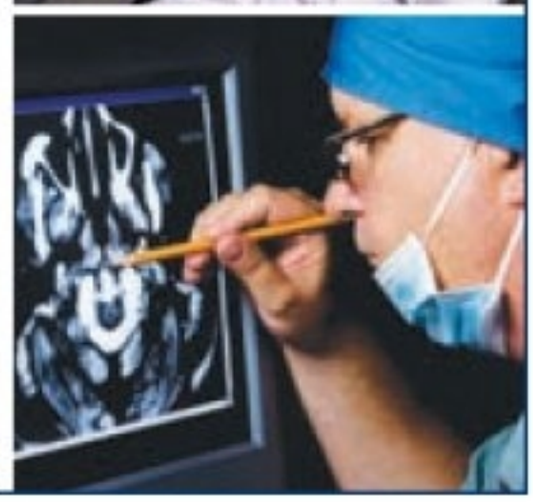

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Thinking beyond right and wrong

KIM SCHNEIDERMAN, MSW, LCSW

Once Upon a Couch

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us. StepOutOfYourStory.com

When I was young, one of my favorite books was "Sugarcane Island," which was the first "choose your own adventure" type of interactive book.

The premise was fairly simple: You had been shipwrecked on a deserted island. The goal was survival and finding your way home. At the end of each chapter was a list of possible choices; whichever one you chose determined your fate in the next chapter.

The problem with this kind of "choose your own adventure" story was that although it could end in one of many possible scenarios, I always felt a lot of anxiety. In "Sugarcane Island," I could make "good" choices, leading me back to civilization, or "bad" choices, where I'd be swallowed by quicksand or eaten by cannibals. Obsessed with making the "right" choice so I wouldn't wind up on an island native's dinner plate, I read ahead and memorized all the decisions that would lead me to safety.

Many people live their lives with a similarly anxious, right-wrong mindset. The promise of fairy tales is that we will survive our trials to live happily ever after. But we know not every story ends wrapped in a bow.

Faced with constant choices, many people fear making the wrong moves and dooming themselves to a tragic ending — as if there were only two possible resolutions to every story. The problem with this thinking is that success is defined narrowly based on a limited set of criteria; in essence, do you get off the island or don't you? In addition, each result is interpreted the same way: getting off the island is always right, and staying is always wrong.

But life is rarely this simple and our perspective can change how we regard what happens. Had my sojourn on Sugarcane Island been framed as a learning opportunity, I might not have been so worried about getting it "right."

For instance, what if I had been asked to assess what important life lessons I had gleaned or survival skills I had accrued from each choice, or even been presented with the option of writing my own ending? Perhaps I might have even considered staying on the island a "right" ending, if that meant befriending the natives or establishing a peaceful coexistence with them.

While everyone naturally seeks happy endings, we can't always control the plot line of our lives. Even if events unfold in unexpected or undesirable ways, we can still mine our stories for a silver lining, identifying enriching experiences and important lessons to carry into the future.

Reframe your challenge

There are infinite ways to tell the same story, and how you tell yours affects the way you feel about yourself — which can influence how your life unfolds. After all, the world is far more receptive to a person humbled and strengthened by challenges, rather than one who is bitter about having to face them (or, worse, anxious for always trying to avoid them). Instead of seeing a difficult episode in your life as a waste of time, identify specific ways you have grown by asking yourself these questions:

- Because of this experience, what did I learn about life/myself/relationships that I didn't know before?
- In what specific ways have I gotten stronger... or maybe even softer?
- Do I feel more empathy toward others who've been through similar experiences?

Take time to digest your answers, possibly writing them down or discussing them with someone. This will help you change the way you tell the story of the experience, not just to others but to yourself.

MACNOW: EAGLES WIN SUNDAY WAS BIGGEST OF KELLY ERA

THE SPORTS PROFESSOR

GLEN MACNOW
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The Eagles are a half game back of the Giants for first in the NFC East. GETTY IMAGES

Seven opinions from Sunday night, while wondering why Chris Christie has forsaken Jerry Jones:

1 The sweetest part of the 33-27 victory was watching domestic abuser Greg Hardy shrivel as Eagles linemen targeted him in the run game. Hardy is a bully who doesn't like being hit back. So let's raise a frosty one to Jason Kelce and Lane Johnson, who caused a 278-pound monster to wither into a worthless prune by game's end. "We put a little extra mustard into those blocks," Johnson said afterward.

2 Not sure if this game becomes a turning point, but I believe we just watched the most critical win of the Chip Kelly Era. A loss would have left the Eagles 1-1/2 games behind the Giants and reeling into the abyss. Now, they are well poised at .500, about to face three teams with a combined 7-17 record. It's no great feat to beat the pitiful Cowboys without Tony Romo. But in the NFL, where 9-7 teams can win the Super Bowl, Sunday night's victory could prove the defining moment.

3 Much as Eagles fans want more Ryan Mathews, I'm happy to see DeMarco Murray fed the ball 18-20 times per game. That's been Chip Kelly's call the last four (or Duce Staley's, if you believe that canard). Murray has responded with a 4.5-yard rushing average and three touchdowns. I said last week I'd still bet on Murray rushing for 1,000 this year — while conceding that's not the accomplishment it once was. He's got eight games, and needs 610 more. He'll do it.

4 Happy to see Kelly twice go for it on fourth down. That's the Big Balls Chip we signed up for.

5 Let us now praise Sam Bradford, who directed three sterling drives, found secondary receivers and had zero (!) turnovers. It's something special to win an overtime game on the road against a divisional opponent. That said, am I ready to believe in Sam? I am not. It will take another two or three of these performances before I'll stop scouting college games for next year's replacement.

6 Eight games, 10 total points in the first quarter. Again Sunday night, the offense went three-and-out in the first drive. Actually, the Eagles got the ball back on a penalty and stumbled to another three-and-out. Through a half season, the Eagles have gone 1-2-3-punt to start five games. And here's the problem: They haven't completed a pass longer than eight yards in any of their first three plays. Remember the days when Donovan McNabb would air one out to T.O. to put the defense on its heels?

7 Why, yes, I had total faith in Caleb Sturgis kicking that 53-yard, late-fourth-quarter field goal in a tie game. You mean, you didn't?

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2011 Chevy Impala LT Fleet — 57k Miles — $9900, $193/Month
2011 Volkswagen Jetta SE — 38k Miles — $10,900, $209/Month
2011 Buick LaCrosse CXL — 4 to Choose! — $11,900, $226/Month
2009 Nissan Maxima 3.5 SV — 71k Miles — $12,900, $242/Month
2006 Mercedes R350 4MATIC — 80k Miles — $12,900, $242/Month
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St. Joseph's will rely on NBA prospect Bembry

The Hawks intend to rebound from one of their worst seasons in recent memory last year.

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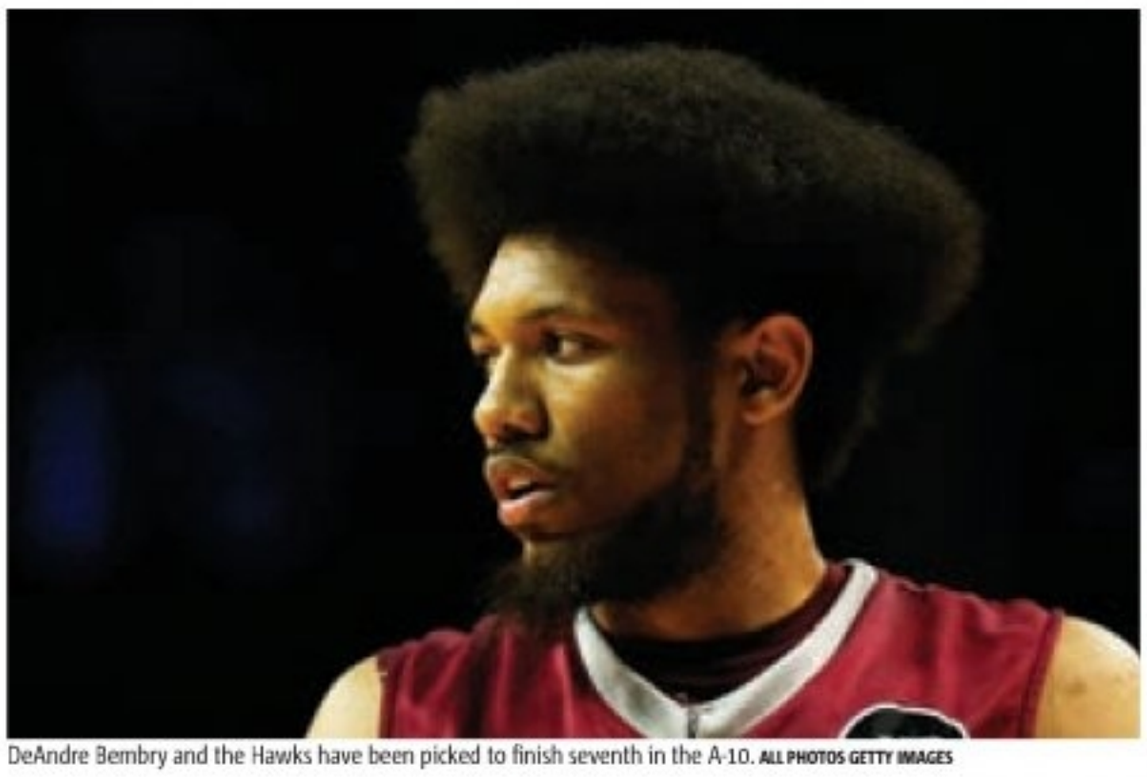

DeAndre Bembry and the Hawks have been picked to finish seventh in the A-10. ALL PHOTOS GETTY IMAGES

There weren't too many positives to show for the 2014-15 St. Joe's Hawks. If anything, an early season 58-56 win over the Temple Owls to narrowly keep them out of the NCAA Tournament is probably the only team highlight of an otherwise forgettable season.

The Hawks finished 13-18 (7-11) and if it weren't for their lone savior DeAndre Bembry, that record of futility just might have reached new heights. It was the Hawks' worst finish since 2010-11. Coach Phil Martelli, with his freshly inked multi-year contract extension, will have a lot of work ahead of him in order to turn things around in 2015-16.

The best thing Martelli has going for himself is that he may not only have the best player in the Atlantic 10 Conference, but one of the best players in the entire country to work with on his roster. Junior forward Bembry has NBA talent and it was on display in full-force last season for the fans who made their way over to Hagan Arena.

Bembry became the first Hawks player in team history to lead the Atlantic 10 Conference in scoring at 17.7 points per game. He was also named to the First Team All-Atlantic 10, as well as the First Team All-Big Five. Bembry's game doesn't stop in the scoring department, however. He ranked seventh in the Atlantic 10 with 7.7 rebounds and led the Hawks in both assists (3.6) and steals (1.9) as well.

He's the all-around package, good enough for DraftExpress.com to rank him as the 4th best mid-major prospect entering the 2015-16 season.

The Hawks are hoping that freshman guard Chris Clover, who averaged 21.3 points per game for St. Joe's Prep, can bring immediate scoring for a team that ranked 307th in the country in 2014-15. Defensively they're hoping to improve on their 85th national ranking per KenPom.com.

They'll face the Drexel Dragons to start the year on Friday. The game will be played in Hagan Arena at 8 p.m.

What to watch for

Here are the most interesting Hawks matchups to watch for:

- St. Joe's at Florida (Hall of Fame Tip-Off) – November 21, 2:30 p.m. ESPN3
- Villanova at St. Joe's (Hagan Arena) – December 1, 7 p.m. CBS Sports Network
- St. Joe's at Temple (Liacouras Center) – December 13, 4 p.m. CBS Sports Network
- Rhode Island at St. Joe's (Hagan Arena) – January 2, Noon NBC Sports Network
- St. Joe's at La Salle (Tom Gola Arena) – January 23, 4 p.m. American Sports Network

College hoops

St. Joe's Price the key for La Salle in 2015-16

Jordan Price.

La Salle's 2014-15 season can be described in one word: streaky. Led by the stellar play of potent-scoring junior guard Jordan Price, the Explorers stayed competitive all season and showed flashes of being a team capable of making the NCAA Tournament.

Their signature win came in a double-overtime thriller against 20th ranked VCU, downing the Rams 74-69. They nearly knocked off 24th-ranked Davidson in the Atlantic 10 Tournament, narrowly falling 67-66.

Overall they finished with a 17-16 (8-10) record that ultimately lacked consistency. They'll need to find it if they want to sniff March Madness talk in 2015-16.

Success will start with Price, who averaged 17.2 points, 3.9 rebounds and 2.3 assists per game last season for the Explorers. Price ranked second in both the Atlantic 10 and Big Five in scoring. He was named to the First Team All-Philadelphia Big 5 as well as the Second Team All-Atlantic 10.

In Saturday's buzzer-beating 79-78 exhibition loss to Division-II Philly U, Price notched 18 points while four other Explorers scored in double-figures. Despite the narrow loss, coach John Giannini said that he thinks this was the best thing that could've happened for this young Explorers team.

"No matter what a coach says about defense and rebounding and toughness, it does not match the experience of losing because you gave up 50 points in a half," Giannini said. "It does not match the experience of giving up 18 offensive rebounds and getting out-rebounded by 11. Our players learned so much today about how to win a basketball game. Frankly, if we would have won by one, the message would not be as profound."

The team will have to look at the positives from an early 25-point first-half lead over the Rams, before their season opener against Towson Saturday. The game takes place in Tom Gola Arena at 3 p.m.

JEFF MCMENAMIN

What to watch for

Here are the most interesting Explorers matchups to watch for:

- La Salle at No. 11 Villanova (Pavilion) – December 13, 5 p.m. Fox Sports 1
- Miami at La Salle (Palestra) – December 22, 5 p.m. CBS Sports Network
- Temple at La Salle (Palestra) – January 20, 7 p.m. CBS Sports Network

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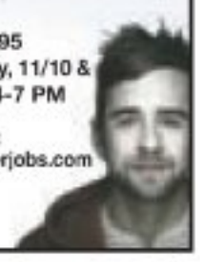

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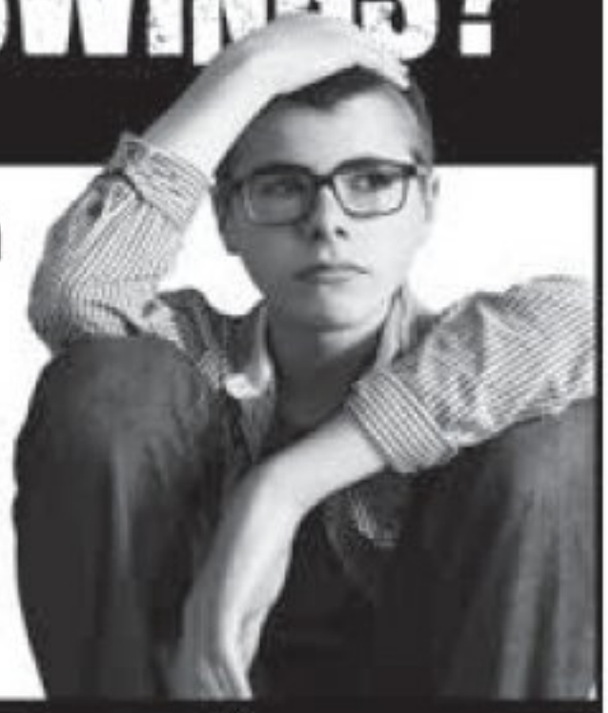

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